

The K2 Crawley 10K



Sunday September 16th 2012 at 10.30
Plus Children's Race

Held under UK Athletics Rules. Licence Applied for.

Race organised on behalf of K2 Crawley and Freedom Leisure by Nice Work

After an absence of a year, this popular race makes a welcome return to the south east running calendar. Organised on behalf of K2 and Freedom Leisure by Nice Work, the race will be looking to help boost the funds raised for Freedom Leisure's designated charity – the British Heart Foundation.

**** Medal and Finish Line Goodies to all finishers ****

**** Chip timing ** Stadium start and finish ****

Prizes/trophies for 1st, 2nd & 3rd Male and Female; 1st in all age categories from Junior to Vet 8

1st Male & Female affiliated Team (3 to count) 1st Male & Female Freedom Leisure Team

Prize giving and presentations approx 60 minutes after first runner home

Venue: K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ

ENTRY FEE: £13.00 attached £15.00 unattached £2 extra on the day
Children's Race £3.00

£2 discount for Freedom Leisure Members. Freedom Leisure members should enter using this postal entry form and mailing to the address below or hand in directly to your local Freedom Leisure Centre.

ENTRY LIMIT: 750. **CLOSING DATE:** for postal entries September 9th 2012

Entries available on the day subject to limit not being reached.

PLEASE ENCLOSE: large SAE. **CHEQUES:** Payable to 'Freedom Leisure'

POSTAL ENTRIES TO:

Race Director, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA.

Enquiries/more information: 01797 230999

ENTER ONLINE <http://www.ukforms.net/>

K2 Crawley 10K. Please complete and return along with your cheque and a large sae.

Please enter me for the 10 K [] Children's Race []

SURNAME _____ **FORENAME** _____ **DATE OF BIRTH** _____

AGE ON 16/9/2012 _____ **Sex: Male/Female (delete as applicable)**

ADDRESS _____

Post Code _____

TELEPHONE NO _____ **EMAIL ADDRESS** _____

RUNNING CLUB _____ **Affiliated Yes/No. Estimated Time** _____

I declare I will be over 15 years of age on 16/9/12 and I agree that the organisers shall not be liable for any injury, accident, loss or damage to myself or to anyone accompanying me in consequence of my participation in this event. I also declare that I am medically fit at the date of this application and that I will not participate in the event unless I am medically fit to do so. I will also obey all Marshall's and organiser's instructions.

SIGNATURE.....**DATE**.....

Occasionally, we'd like to tell you about some of our other races and events but if you'd prefer not to receive this information, please tick here []

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